

We claim:

1. A food composition capable of reducing total plasma cholesterol and LDL-cholesterol and of increasing blood hematocrit and HDL-cholesterol comprising an effective amount of waterleaf leaves, wherein said leaves are obtained from waterleaf plants in full bloom.
2. The composition of claim 1, wherein said waterleaf leaves are present in an amount of at least about 3 grams.
3. The composition of claim 1, wherein said waterleaf leaves are present in an amount of at least about 6 grams.
4. A method of reducing total plasma cholesterol and LDL-cholesterol and of increasing blood hematocrit and HDL-cholesterol comprising feeding to an animal for a period of time an effective amount of a food composition comprising at least about 3 grams of waterleaf leaves, wherein said leaves are obtained from waterleaf plants in full bloom.
5. The method as claimed in claim 4, wherein an effective amount of said food composition comprises at least about 3 grams of waterleaf leaves fed to said animal at least once per day.
6. The method as claimed in claim 5, wherein an effective amount of said food composition comprises at least about 3 grams of waterleaf leaves fed to said animal at lunch and at least about 3 grams of waterleaf leaves fed to said animal at dinner.
7. The method as claimed in claim 4, wherein said animal is a monogastric animal.
8. The method as claimed in claim 7, wherein said animal is a human.
9. The method as claimed in claim 8, wherein said human is a hypercholesterolemic human.
10. The method as claimed in claim 4, wherein said animal is a grazing animal.
11. The method as claimed in claim 7, wherein said monogastric animal is poultry.
12. The method as claimed in claim 7, wherein said monogastric animal is swine.
13. A method of preventing or treating coronary heart disease comprising feeding to an animal for a period of time an effective amount of a food composition comprising about at least 3 grams of waterleaf leaves, wherein said leaves are obtained from waterleaf plants in full bloom.

14. The method as claimed in claim 13, wherein an effective amount of said food composition comprises at least about 3 grams of waterleaf leaves fed to said animal at least once per day.
- 5 15. The method as claimed in claim 14, wherein an effective amount of said food composition comprises at least about 3 grams of waterleaf leaves fed to said animal at lunch and at least about 3 grams of waterleaf leaves fed to said animal at dinner.
16. The method as claimed in claim 13, wherein said animal is a monogastric animal.
17. The method as claimed in claim 16, wherein said animal is a human.
- 10 18. The method as claimed in claim 17, wherein said human is a hypercholesterolemic human.
19. The method as claimed in claim 13, wherein said animal is a grazing animal.
20. The method as claimed in claim 16, wherein said monogastric animal is poultry.
21. The method as claimed in claim 16, wherein said monogastric animal is swine.
- 15 22. The composition as claimed in claim 1, wherein said waterleaf leaves are in the form of a powder, tablet, pill, gel, capsule, liquid, or suspension.
23. The composition as claimed in claim 1, wherein said waterleaf leaves are in the form of a dietary supplement.
24. The composition as claimed in claim 23, wherein said dietary supplement is in the form of a bar.
- 20 25. The method as claimed in claim 4, wherein said food composition is in the form of a powder, tablet, pill, gel, capsule, liquid, or suspension.
26. The method as claimed in claim 4, wherein said food composition is in the form of a dietary supplement.
- 25 27. The method as claimed in claim 26, wherein said dietary supplement is in the form of a bar.
28. A method of producing poultry eggs containing reduced total plasma cholesterol and LDL-cholesterol and increased HDL-cholesterol comprising feeding laying hens for a period of time an effective amount of a food composition comprising at least about 3 grams of waterleaf leaves at least once per day, wherein said leaves are obtained from
- 30 waterleaf plants in full bloom.

29. A method of reducing total plasma cholesterol and LDL-cholesterol and of increasing blood hematocrit and HDL-cholesterol comprising feeding to an animal for a period of time an effective amount of an extract of waterleaf leaves, wherein said leaves are obtained from waterleaf plants in full bloom.

5 **30.** The method as claimed in claim **29**, wherein the waterleaf leaves extract comprises at least one compound selected from the group consisting of protein, minerals, fiber, ash, lipids, pectin, vitamin C, vitamin E, Beta-carotene, and anti-oxidants.

31. The method as claimed in claim **4** or **13**, wherein said food composition is fed to said animal for at least five weeks.

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